

How the environment affects wellbeing

Prof Simon Kingham

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University of Canterbury - Te Whare Wananga O Waitaha,

we're talking health...

An evening of talks from leading Canterbury researchers
who are saving lives and improving healthcare.
10 topics, 10 researchers, one great evening.

Wednesday 6th March 2019

Presented by:



Health Research
Society of Canterbury



Canterbury
Medical Research
Foundation

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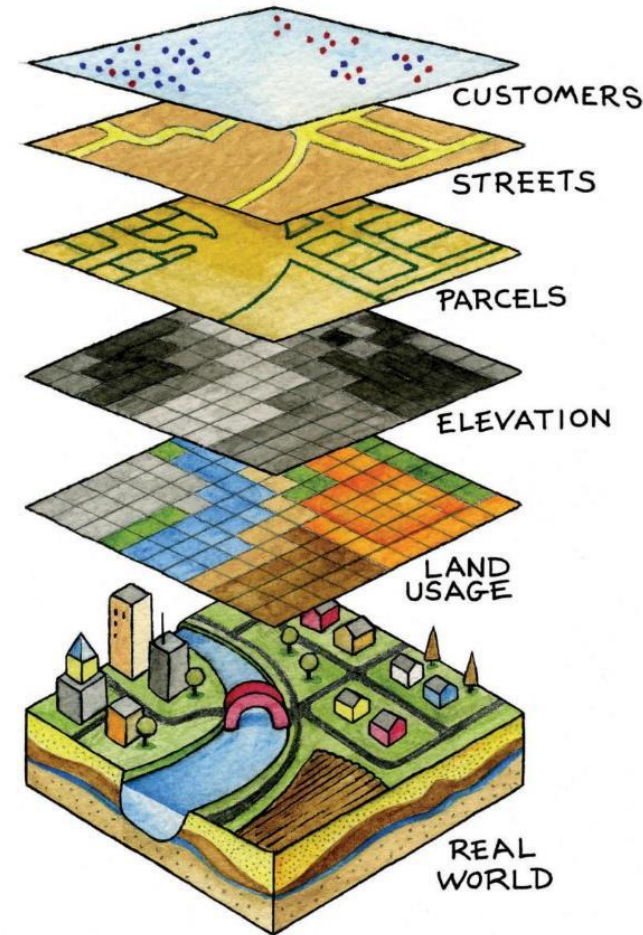


Home, place

- Does where you live affect your health?
- If so, how?
- Why is a geographer talking about health?

Health Geography

- Use of geography to the study of health, disease, and health care
 - Place, location - geography
 - distribution of disease/illness/wellness and healthcare resources
- Geographic Information Systems (GIS): a technology that is used to view and analyse data from a geographic perspective
- Geohealth: Health + GIS
 - Determinants of disease and ill health & wellness
 - Health care provision





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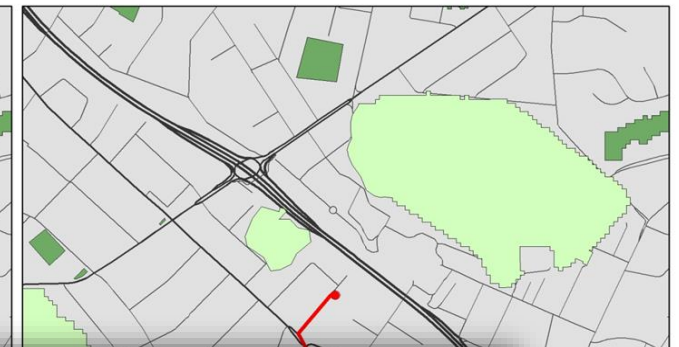
Available online at www.sciencedirect.com

Public Health

journal homepage: www.elsevier.com/puhe

Original Research

An ecological study investigating the association between access to urban green space and mental health

D. Nutsford ^{a,*}, A.L. Pearson ^b, S. Kingham ^a

Conclusion: This study found that decreased distance to useable green space and increased proportion of green space within the larger neighbourhood were associated with decreased anxiety/mood disorder treatment counts in an urban environment. This suggests the





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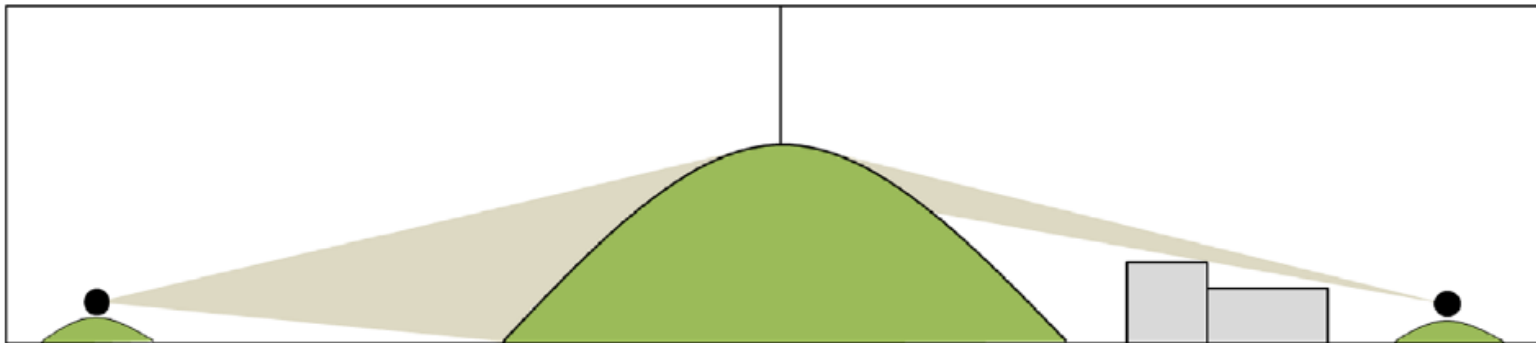
Contents lists available at ScienceDirect

Health & Place

journal homepage: www.elsevier.com/locate/healthplace

Residential exposure to visible blue space (but not green space)
associated with lower psychological distress in a capital city

Daniel Nutsford^a, Amber L. Pearson^{b,c,*}, Simon Kingham^a, Femke Reitsma^a



5. Conclusion

This study, in the capital city of New Zealand, identified an association between increased views of blue space and decreased psychological distress while adjusting for covariates. In addition to

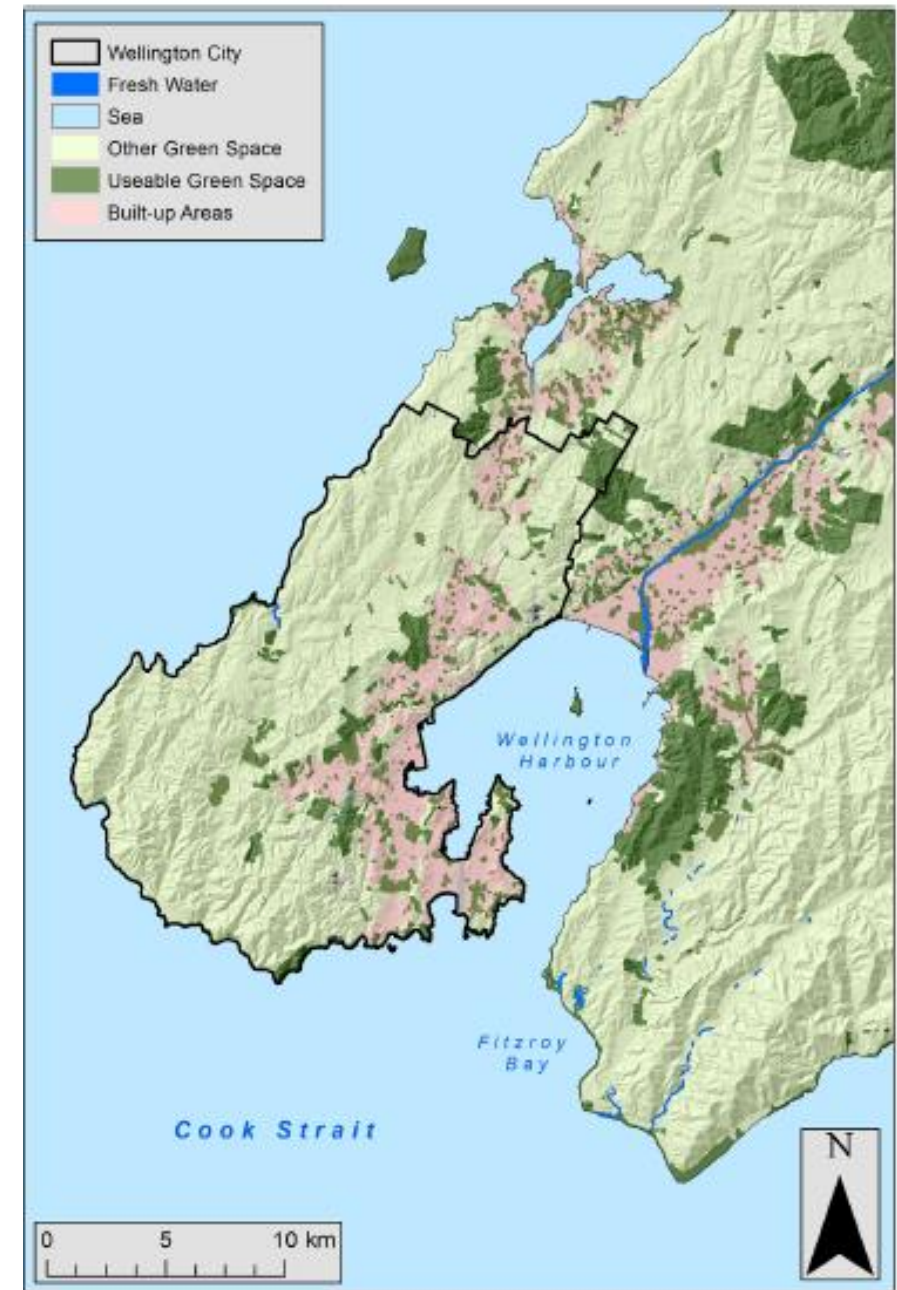


Fig. 1. Distribution of natural environments throughout Wellington City and the greater region.



Re-working Appleyard in a low density environment: An exploration of the impacts of motorised traffic volume on street livability in Christchurch, New Zealand.

Wiki J., Kingham S., and Banwell K.

World Transport Policy and Practice
Volume 24.1 Mar 2018

LIGHT (< 500 vpd)



5.1 average connections

"We have great neighbours and live in a safe street"
"I enjoy talking with my neighbours"

HEAVY (8,400-14,000 vpd)



2.1 average connections

"My street is a car thoroughfare"
"Lived here over 35 years, a decline in people talking to neighbours and children playing"

MODERATE (1400-2500 vpd)



5.9 average connections

"Most people get out and about and talk on the street"
"Family-orientated and friendly"

BORATORY



Close proximity to alcohol outlets is associated with increased serious violent crime in New Zealand

Abstract

Objective: To examine the association between geographic access to alcohol

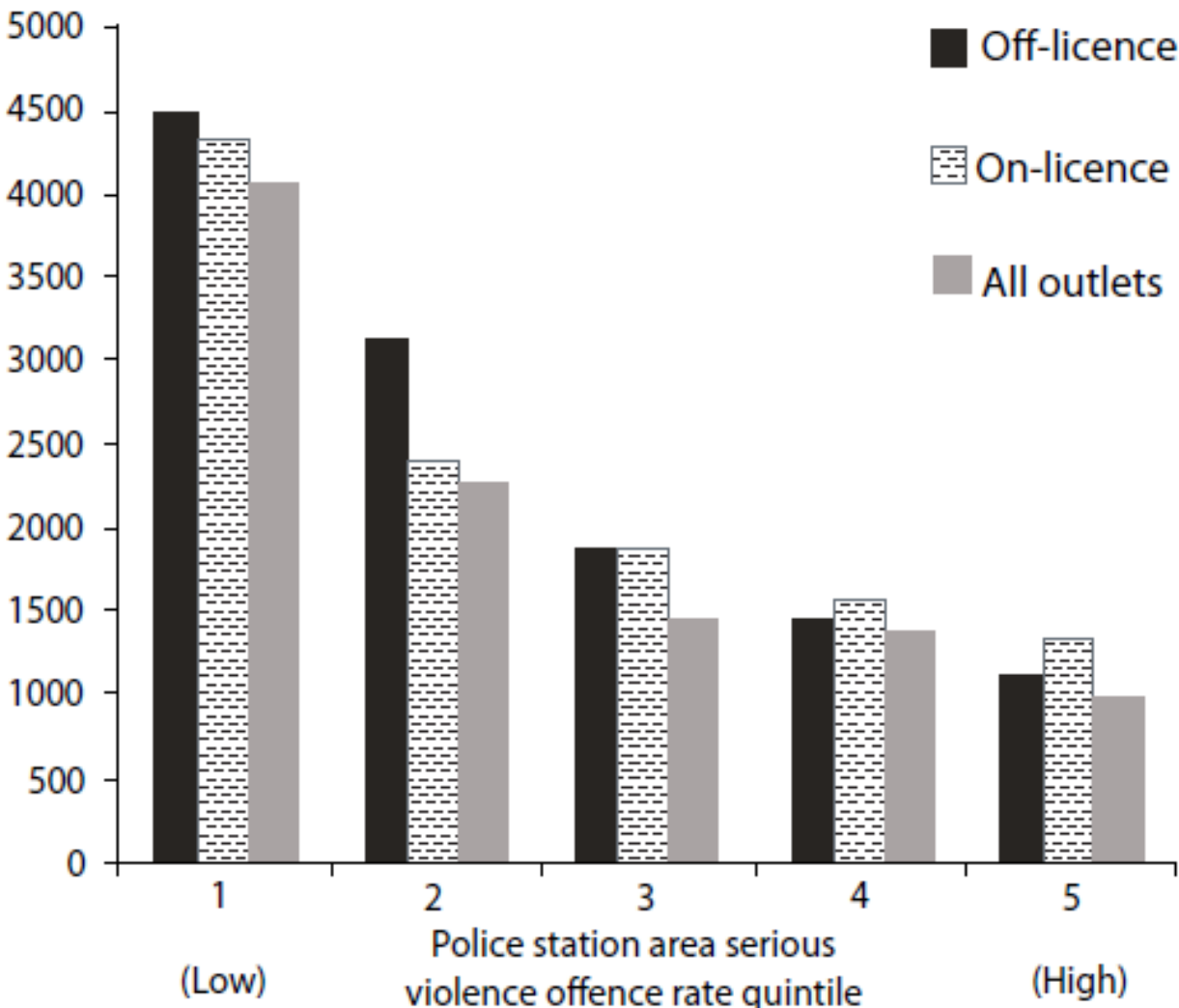
Peter Day, Gregory Breetzke, Simon Kingham, Malcolm Campbell
GeoHealth Laboratory, Department of Geography, University of Canterbury,
New Zealand

AUSTRALIAN AND NEW ZEALAND JOURNAL OF PUBLIC HEALTH
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2012 VOL. 36 NO. 1

Conclusion: Having greater geographic access to alcohol outlets was associated with increased levels of serious violent offending across study areas.

Figure 1: Median distance to closest alcohol outlet by license type for Police station areas by quintiles of serious violence offence rates per 1,000 population.





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5. Conclusion

The evidence presented here highlights the importance that geographic proximity to EDs plays in determining people's behaviour to attend – in essence geography matters for ED presentations.

New Zealand Healthline call data used to measure the effect of travel time on the use of the emergency department

Edward Griffin ^{a,*}, John P. McCarthy ^b, Fiona Thomas ^b, Simon Kingham ^b

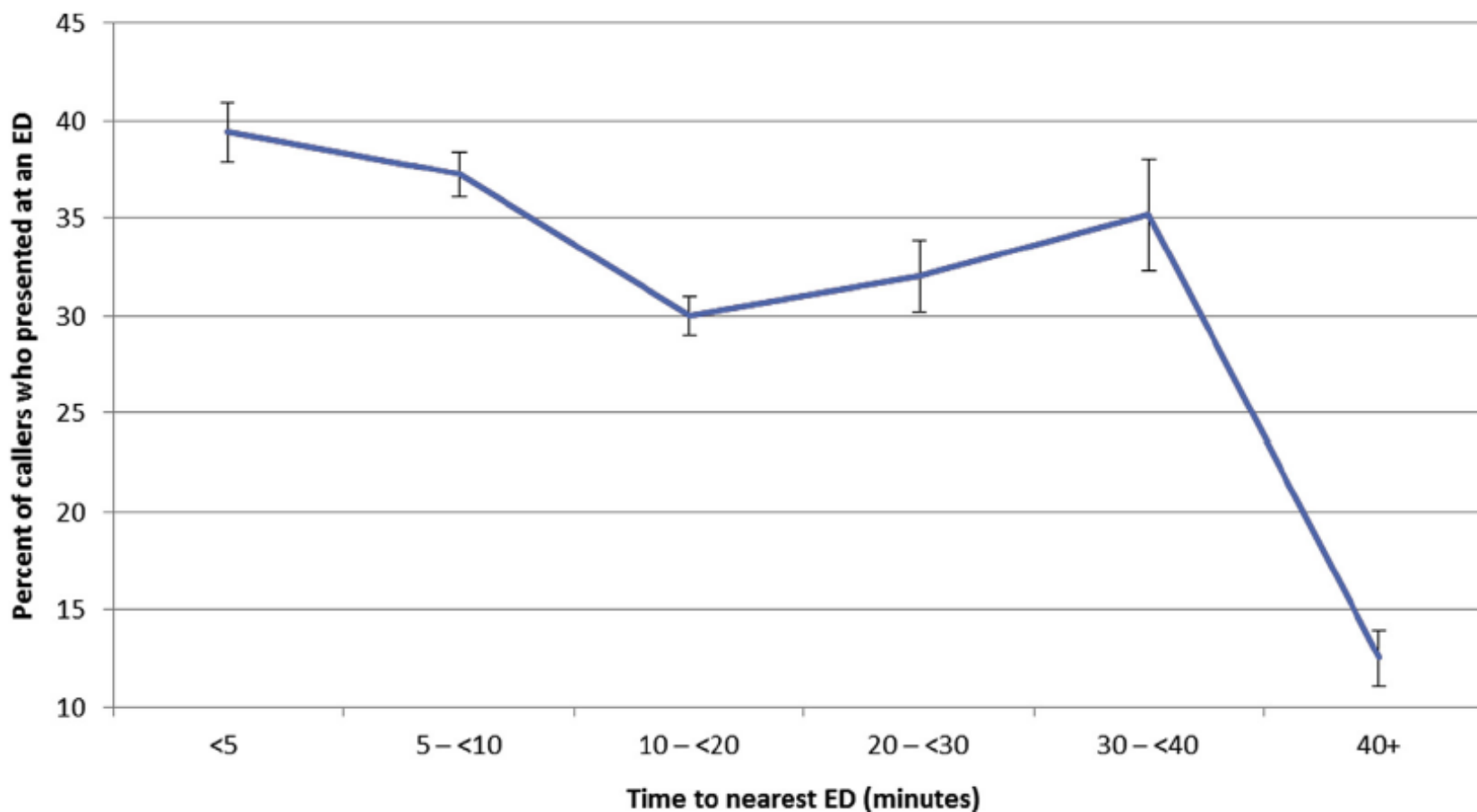
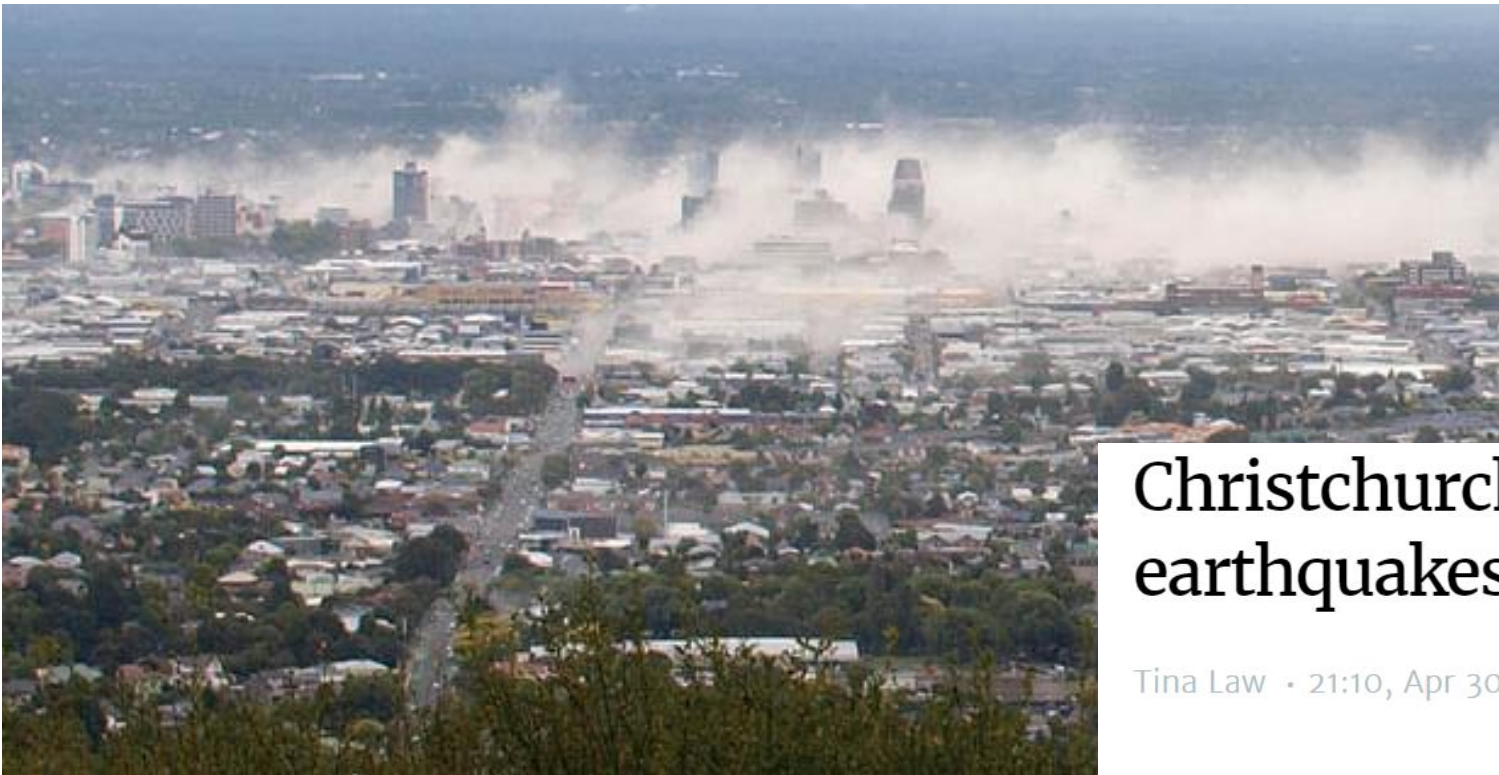


Fig. 1. Compliant emergency presentations by drive time from nearest ED.

ORATORY



Christchurch suburb overlooked since the earthquakes, community leaders say

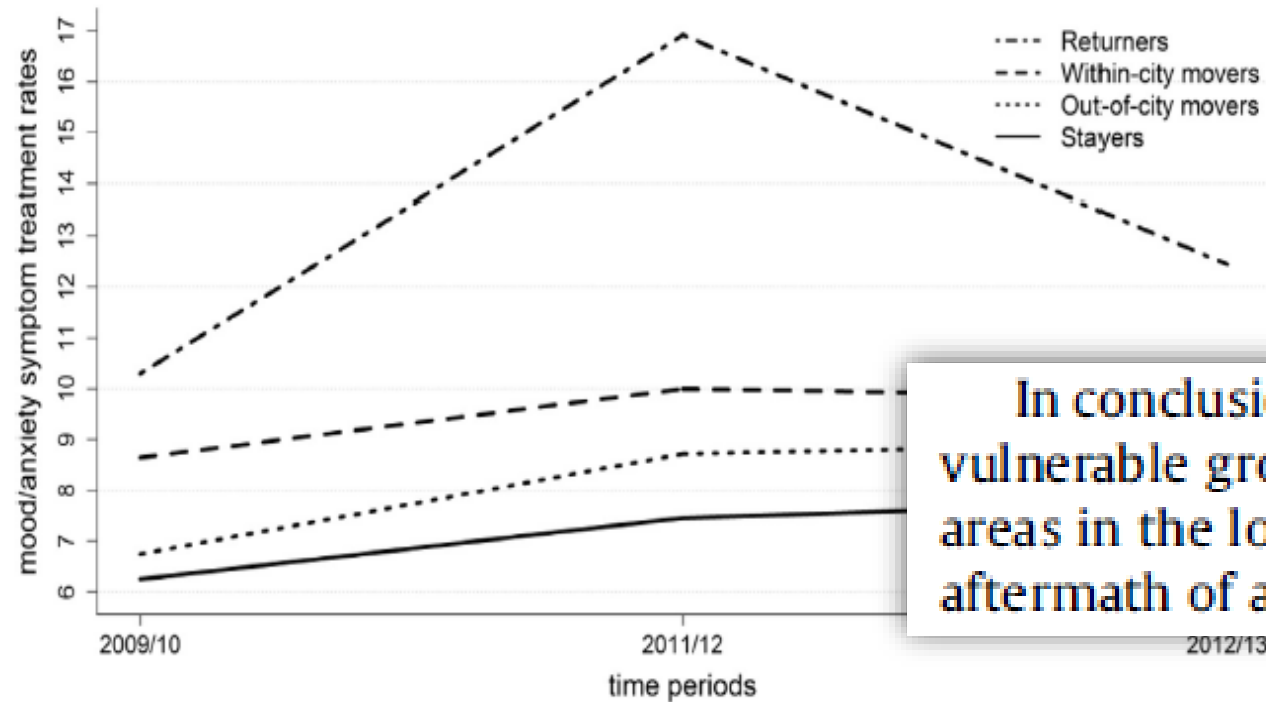
Tina Law • 21:10, Apr 30 2018





The effects of relocation and level of affectedness on mood and anxiety symptom treatments after the 2011 Christchurch earthquake

Daniel Hogg^{a,b,*}, Simon Kingham^{a,b}, Thomas M. Wilson^{c,d,e}, Michael Ardagh^{f,g}



In conclusion, intervention programs should target these highly vulnerable groups, as well as permanent relocatees from affected areas in the long term and temporary relocatees in the short-term aftermath of a natural disaster. As this study is the first of its kind,

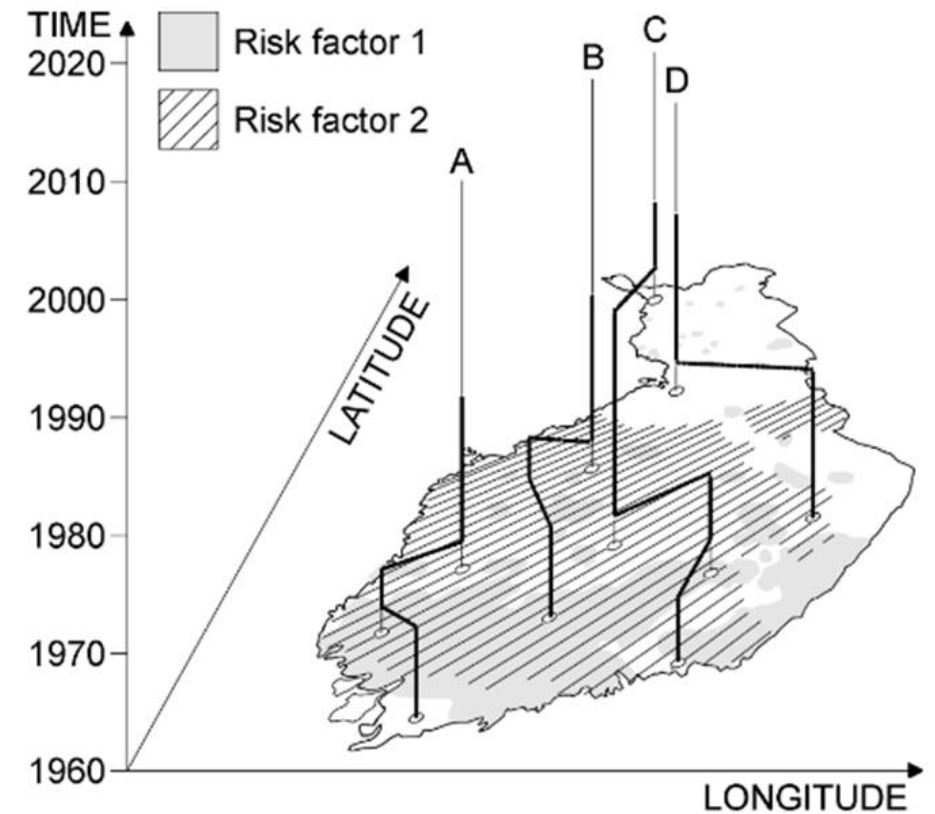
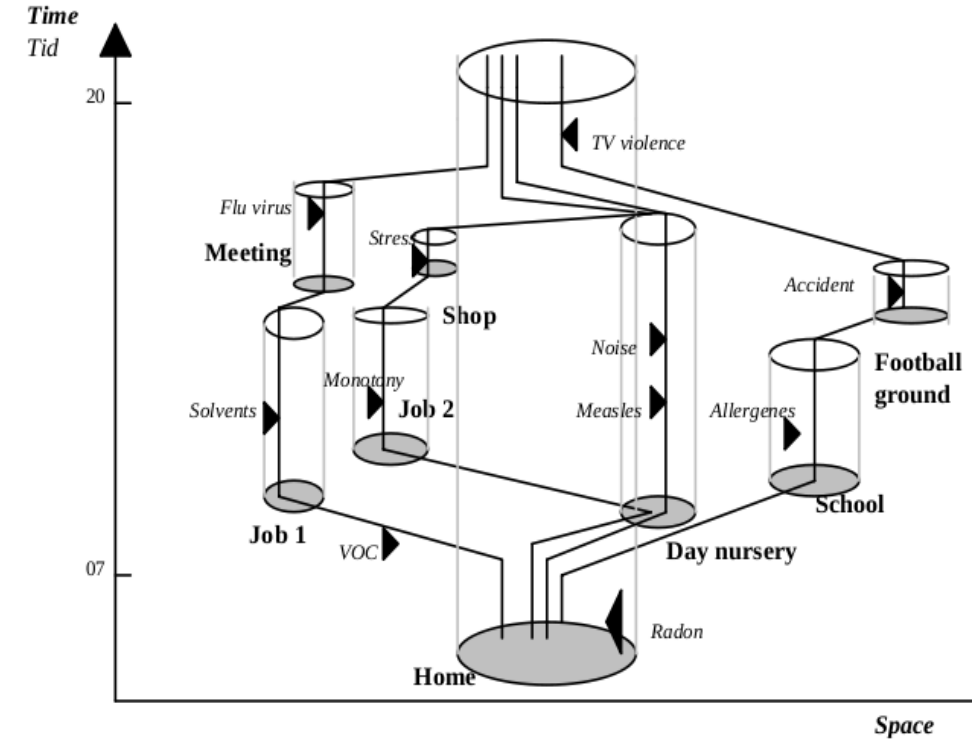
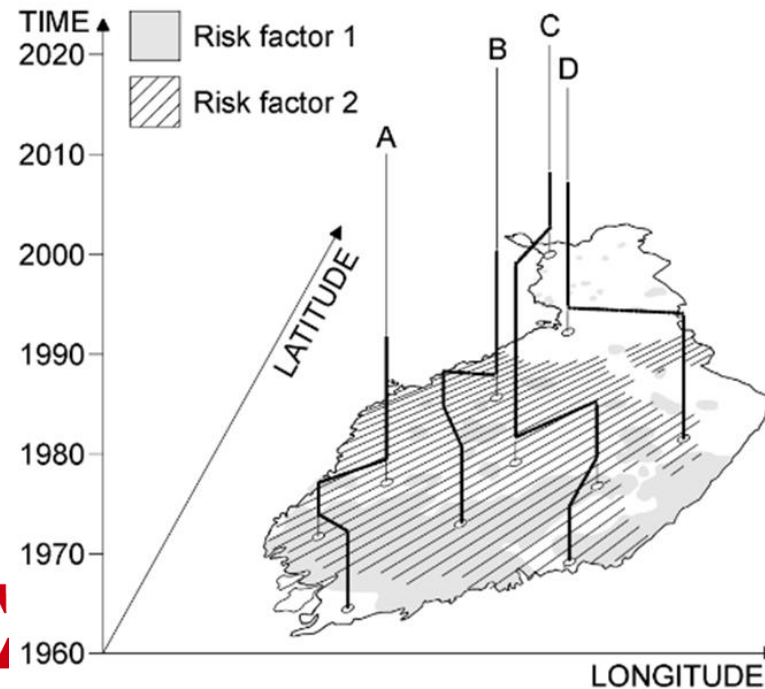


Fig. 2. Mood or anxiety symptom treatment rates among Christchurch residents classified by mobility group in the pre-disaster year (2009/10) and the 1st (2011/12) and 2nd (2012/13) post-disaster year.

ATORY

Mobile technologies: Tracking

- Tracking people
- Life course
- Spatio-temporal - space and time
- The exposome



Summary

- Geography matters
- GIS can help